



Workshop 1

1A Take Charge of Your Life with Healthy Habits—You can improve your future by making diet, exercise and healthy choices your mode of operation. Invest in yourself, and take charge of your future.

1B Planning for Success—Managing your time and decisions—the keys to making your goals a reality. Pick up some new tips, and learn ways to set goals AND reach them!

1C Getting that First Job—How do you get experience without having any? Your first job is a huge stepping stone to future success. What can you do now to improve your chances of a great first job—and how do you select the job that is right for you?

1D Money to Spend—Wish you could live on your own? Find out how much life really costs with this fun money management exercise. If you love spending money (play money, that is) you don't want to miss this workshop!

1E Optimism—Is the glass half-empty or half full? Do you blame yourself when something goes wrong or look outside yourself for a reason? Come investigate how you can create an optimistic outlook on life.

1F Love It! Plan It! Do It!—Find out if you have what it takes to be an entrepreneur! You have the talents, strengths, and resources to run your own business.

1G Funding College—Get some great advice to help you navigate the maze of Financial Aid and scholarship searches, from the experts at the Financial Aid office at SDSU

1H Meth—Closer than you Think!—Don't be fooled into thinking that you are safe from meth because you don't party. Know what the dangers are, and how to avoid them—you could save yourself, a friend or a family member.

1J 4-H Opportunities—National meetings, educational trips, scholarships, leadership building and even international travel opportunities abound when you reach the age of 14—the possibilities are amazing.

1K First Impressions—An interview is your first opportunity to make a good impression. Whether it for a job, school admission, scholarships or media, knowing what to expect, and how to handle yourself will make that first impression count positively.

1L Who Are You?—Ever wonder why your siblings make you crazy, or why you can work with some people, but not others? Four basic traits work together to create unique and individual personalities. Figure out who you are, and whom you compliment!

Workshop 2

2A Creative Writing—Take your writing to the next level with some helpful hints from a published author.

2B Sign Language—Anyone can become a bridge to help others understand and communicate. Learn some basics; maybe you will be inspired to become an interpreter in your community

2C Meeting Know How—Knowing parliamentary procedure is a valuable skill you can use right now, and through out your whole life. Join some student experts on the subject, as they help you expand your knowledge and efficiency in this subject.

2D Digital Photography—A picture is worth a thousand words, sometimes! Learn tips to make your pictures come alive and tell the story as you work with professional journalists.

2E Speech and Debate—Whether you are a novice or advanced debater, there is always something to learn from others. Share, experience and observe as you discuss and explore different events, preparation methods, and team experiences.

2F Radio Production—Work with Ag Communications staff as you write and record PSA's and interview session.

2G Podcasting—This new medium is open to anyone with some computer skills and recording capabilities. Learn how, and give it a try under the guidance of the Ag Communications staff.

2H On Stage—The 4-H Performing Arts troupe provides opportunities to sing, dance, and act each summer. Learn more about the program, and try some Troupe choreography as you explore the world on stage.

2J GroupSpeak—Listening, body movement, interacting, and speaking your mind! All these things work together in group communication. You can make your next group experience more effective with the activities and skills you pick up at this session.

2K Dinner Etiquette and Polite Conversation—Which fork, how to introduce someone important, what is polite dinner conversation? Learn the basics, and increase your confidence in those ticklish situations where manners and polish are necessary.

2L Graphic Design and Editing—You enjoy computer graphics, but would like your creations to NOT look like a template. Learn from the experts how you can make your next project stand out.

Workshop 3

3A "C" the Difference You Can Make—How would you describe your community? Is the glass half full or is the glass half empty? In this workshop, we will help teens explore the importance of their role as an engaged citizen in their community.

3B Leadership or Bust!—Experience building a balloon tower and learn about Leadership or Bust! Bring plenty of air for this workshop to see how balloon tower building can help you become a better leader and team player. It's Leadership or Bust!

3C Planning and Leading IceBreakers—You can determine the attitude and effectiveness of any group meeting by helping others get comfortable and get to know one another. Practice choosing the perfect ice breaker, and learn some great new ones!

3D Toys and Leadership—You can teach valuable leadership skills to younger members and adults with toys you pull from your old toy box! You have to see it to believe it—don't sign up unless you are serious about fun.

3E SPORK—No, it's not a new snack! It's a method of building teamwork with creative props and specially designed games. Become a SPORKER, and change the dynamics of every group you are a part of.

Workshop 4

4A Jewelry Making—Tired of trying to find the perfect accessory? Learn how to make your own using, beads and other materials

4B Tennis—Whether you are a novice or a seasoned competitor, you'll enjoy some time outside hitting a few balls. **Bring a racket.**

4C Football—A game of tag football is a great way to get some exercise and enjoy the summer weather.

4D Volleyball—We'll play co-ed rec style volleyball with a fast paced short team tournament. Join the fun!

4E Basketball—Here's your chance to run and gun in a TLC style pick up game.

4F Archery—The shooting sports instructors from Brookings County will host and coach novice and advanced shooters.

4G Duct Tape Creations—Enter the world of creative design with the most unusual of mediums—duct tape!

4H Flower Arranging—Some basic rules and a little creativity go a long way towards designing beautiful arrangements.

4J Ballroom Dancing—Learn how to swing, waltz and fox trot during this entertaining session.

4K Roping—Learn the basics, or hone your skills with the help of experienced collegiate and high school ropers.

4L Scrapbooking—Creative beautiful memories with a variety of embellishments and techniques. **Bring eight photos.**

4M Jitterbug—the dance that never seems to go out of style. Enjoy some exercise and learn some new moves.

4N Cake Decorating—an introduction to this creative hobby

4O Introduction to Animation—your chance to find out how computer animation works and to give it try

4P Graphic Design Principles—explore the elements of good design; great for posters, brochures, invitations, announcements

Career Exploration

5A Wildlife Management—hosted by Game, Fish & Parks—you will be outside

5B Environmental Science—you will be outside

5C Daktronics—electrical ingenuity

5D US Postal Service

5E Nursing

5F Apparel Merchandising

5G Historic Preservation—if you are interested in history, genealogy, this is for you

5H Engineering

5I Early Childhood

5J New Opportunities in Agriculture

5K Cosmetology

5L Military Options

5M Aeronautics

5N Newspaper Production

5O Forestry

5P Law Enforcement

5Q Music Education

5R TV Production

5S Banking and Finance

5T Who Wants to be a Camp Counselor? You don't know what you want to be, but you know you love summer Camp; Camp Counselors are vital to all successful camping programs. This session will allow you to check off counselor training on your application, and introduce you to the wonderful world of informal youth education—someday you could get paid to have fun at camp!

Science, Engineering & Technology

6A Genes By Design—Experiment with food biotechnology as you discover how it affects our daily life. Everyone is affected by designer genes, find out how.

6B LEGO Mindstorms—Beginners—If you have never tried robotics, this is the place for you—you will learn how Mindstorms works, how to build your robot and program it to do simple (or complex) maneuvers. Inexperienced roboteers only!

6C A Crime, a Clue, Biotechnology—try the CSI version of biotechnology as you learn how the real detectives find clues, and use DNA evidence to solve crimes—you may solve a mystery of your own.

6D Simple Machines—Use some creativity, gravity and teamwork to build the greatest Rube Goldberg machine ever! With equipment provided courtesy of IBM, this will be no ordinary mouse trap!

6E Bridges—So what if you don't want to be an engineer, you can still design and test a bridge with everyday materials. Work in teams and discover the natural scientist lurking inside your brain.

6F LEGO Mindstorms—Advanced—If you have Mindstorm experience, you'll enjoy the challenge of programming a better robot, much like the new Mindstorm Challenges that are now sweeping the country.